

Allen J. Tran

733 Linden Avenue
Salt Lake City, UT 84102

www.allenjtran.com

773.368.6206
allenjtran@gmail.com

EDUCATION

University of Utah, Salt Lake City (Double Masters Degree Candidate)

- *M.S. in Dietetics (Coordinated Masters Program), Sports Dietetics Emphasis* (Expected May 2013)
 - Clinical Dietetic Internship: George E. Wahlen Veteran Affairs Medical Center, Salt Lake City, UT 2011

Non-Thesis Capstone Project:

- Developing a series of short (~2 min) educational YouTube videos for U of U Athletics covering Sports Nutrition topics, including on-the-go snacks, recipe demos, and culinary techniques: cooking fish, roasting vegetables, etc.
- *M.S. in Exercise & Sports Science, Exercise Physiology: Coaching Wellness Concentration* (Expected May 2013)
 - Coursework includes Advanced Exercise Physiology, Exercise & Weight Management Physiology, Applied Sports Psychology, Group & Individual Behavior Change Theory

Non-Thesis Capstone Project:

- Implementing a Health & Wellness program for University of Utah student-athletes transitioning out of sport

University of Illinois at Urbana-Champaign

Double Degree Recipient with High Honors Distinction 2007

- *B.S. in Food Science & Human Nutrition: Hospitality Management Concentration, Minor in Business*
 - Coursework included Advanced Food Science, Quantity Foods, Menu Planning, Business Finance, Accounting

Honors Research Project: "Organizational and Managerial Predictors of Restaurant Success"

- *B.S. in Psychology*
 - Coursework included Industrial/Organizational Behavior, Leadership Psychology, Motivational Theory

Wine & Spirits Education Trust Advanced Certification Course

2007

- Passed exam "with Merit"
- Professional certificate covering viticulture, enology, and tasting/evaluation of major wines & spirits of the world

Ecole Supérieure d'Agriculture de Purpan, Toulouse, France

June 2005 - July 2005

Summer Study Abroad Program

- French and European agriculture and business program, wine production & vineyard management focus

Vigne de Ludovic Barthe, Gironde, Bordeaux, France: Wine Production Internship

July 2005

- Assisted in viticulture and enology practices on a 55-acre vineyard (*Entre-Deux-Mers* region)
-

TEACHING EXPERIENCE & RELEVANT SKILLS

Division of Nutrition, University of Utah, Salt Lake City, UT: Teaching Assistant

Aug 2010- May 2012

Courses included:

- Cultural Aspects of Food
- Food Management (Graduate Level)
- Food Science Lab (Graduate Level)
- Advanced Sports Nutrition
- Wilderness Nutrition

Additional Coursework in Pedagogy

- Teaching in Higher Education, Center for Teaching & Learning Excellence, University of Utah
- Cyber-Pedagogy, Center for Teaching & Learning Excellence, University of Utah (expected summer 2013)

Attended Seminar

- Developing Hybrid Courses: Blending Online & Face-to-Face Learning, University of Utah Health Sciences Library

Guest Lectures

University Courses:

- Foundations of Nutrition & Health
- Advanced Human Nutrition
- Nutrition Interventions for Chronic Disease
- Nutrition Policy (graduate-level)

Special Presentations:

- Sports Nutrition lecture for Adaptive Bobsled Training Camp, Utah Olympian & Paralympian Association
- "Tactical Sports Nutrition for the Military" lecture for University of Utah, Dept. of Naval Science/NROTC

ServSafe Food Protection Manager Certification, National Restaurant Association

Feb 2013

(Additional ServSafe Instructor and Registered ServSafe Proctor certifications currently in progress)

TEACHING INTERESTS

- Introductory Nutrition
- Nutrition for Culinary Professionals
- Applied Nutrition for Health
- Cultural Foods
- Nutrition for Fitness & Performance
- Food Science
- Sanitation & Safety
- Food Production Management
- Quantity Foods Preparation
- Menu Planning & Purchasing

WORK EXPERIENCE

PEAK Health & Fitness Clinic, University of Utah, Salt Lake City, UT: *Nutritionist, Wellness Coach* May 2012-present

- Provider of nutrition, fitness prescription, and health assessment for University employees and the general public
- Conducts individual nutrition consultation on a variety of topics:
 - Sports Nutrition (recreation and/or competitive)
 - Weight Management
 - Diabetes, Hyperlipidemia, Hypertension
- Conducts individual wellness coaching consultations, addressing general wellness concerns including:
 - Physical Activity Prescription
 - Sleep Management
 - Stress/Time Management
 - Mindfulness/Relaxation Techniques
- Provides health assessment tests ("Bod Pod" Body Composition, Resting Metabolic Rate, Blood Cholesterol)

University of Utah Athletics, Salt Lake City, UT: *Sports Dietetics Intern*

Aug 2011- May 2012

- Delivered nutrition education and outreach to student-athletes, teams, and coaches
- Provided individual nutrition counseling and educational services to student-athletes
- Presented weekly team talks to the U of U Women's Soccer Team and Softball Team
- Held cooking classes & culinary demonstrations in a variety of settings
- Developed a variety of educational materials, maintained a rotating "Nutrition Corner" bulletin board

The French Laundry Restaurant, Yountville, CA: *Dining Room Server*

Oct 2007- Nov 2009

- Part of service staff at one of the best restaurants in the country (Three Michelin Stars, 5-Star Mobil Guide Rating)
- Provided diner education regarding culinary preparation/sourcing of food items on a menu that changed daily
- Established close rapport with guests throughout their stay (average dining experience being 3 hours or more)
- Contributed in creating literature/multimedia presentations for staff training and monthly wine and food seminars
- *Stagiaire* (2-week internship) experience at Alinea Restaurant in Chicago, IL (January 2009)

Château Montelena Winery, Calistoga, CA: *Seasonal Staff Chef*

Sept 2007- Oct 2007

- Sourced and prepared daily meals for the 15-person winemaking staff during the 2007 grape harvest season

COPIA: The American Center for Food, Wine, & the Arts, Napa, CA

Rotational Intern in Wine, Culinary, and Events Programming Jun 2007-Sept 2007

- Assisted in the planning, organizing, and execution of daily programming at COPIA, which included classes on the wines of the world, food & culinary demos, catering parties, and special events

Radio Maria Restaurant, Champaign, IL: *Line Cook, Preparation Cook*

May 2006–Jun 2007

- Plated appetizers, salads, desserts, and prepared dish components for evening service
- Cuisine prepared was in a eclectic International/Spanish-fusion style in a fine-dining setting

University of Illinois Campus Recreation, Champaign, IL: *Certified Personal Trainer*

Jan 2006-Jul 2007

- Formerly certified as a Personal Trainer by the National Academy of Sports Science (NASM)
- Training style focused on integrative fitness combining balance, strength, endurance and flexibility

University Housing Residential Fundraising Council, Champaign, IL: *Director*

May 2005-Apr 2006

- Coordinated activities of 5 executive board members overseeing all operations of the Council
- Implemented and facilitated services catered to residents living in University Housing

Financial Coordinator

May 2004-May 2005

- Was responsible for handling \$70,000 in revenue gained through fundraising activities
- Made all deposits and completed associated voucher and paperwork regarding Council funds

AWARDS

- National Strength and Conditioning Association (NSCA), Minority Scholarship
- Utah Academy of Nutrition & Dietetics, Student Scholarship
- Academy of Nutrition & Dietetics Foundation, Diversity Scholarship
- Mitsui Scholarship for Sports Nutrition, University of Utah
- Jacobsen Scholarship, University of Utah, awarded to the top incoming U of U Nutrition graduate student
- Most Outstanding Senior, Food Science & Human Nutrition Departmental Awards
- National Restaurant Association/Multicultural Foodservice & Hospitality Alliance, Diversity Scholarship
- Senior 100 Honorary Selection, University of Illinois Alumni Association
 - Awarded to the top 100 seniors of the graduating class for achievement on campus & in the community
- Edmund James Scholar Undergraduate Honors Program participant, University of Illinois

PUBLICATION IN PREPARATION

- “Comparison in Percent Body Fat Measurement as Determined by Air Displacement Plethysmography and Two Body Adiposity Index Equations,” in collaboration with colleagues at PEAK Health & Fitness Clinic, University of Utah

ACTIVITIES & PROFESSIONAL MEMBERSHIPS

- Member, Academy of Nutrition & Dietetics
 - Member, Sports, Cardiovascular, and Wellness Nutrition Dietetic Practice Group
- Member, Collegiate & Professional Sports Dietitians Association
- Member, American College of Sports Medicine
- Member, National Strength & Conditioning Association
- President, Hospitality Management Association, University of Illinois 2006-2007
- Institute of Food Technologists College Bowl Team, University of Illinois 2006
- Philippine Student Association, Cultural Co-Chair, University of Illinois 2004-2005